




September 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BCC's 8th Annual Breast Cancer Conference: Sharing Knowledge ~ Creating Hope</p> <p>Saturday, November 5, 2011, 8:00 a.m. to 5:00 p.m. Oracle Conference Center, 350 Oracle Parkway, Redwood Shores, 94065</p> <p>** Registration opens September 14, at bconnections.org or (650) 326-6686 **</p>			<p>1 Weekly Q&A Session 5:30-7:00 p.m. Howard Kleckner, M.D., Medical Oncologist Therapist TBA</p>	<p>2  Healthy Steps—exercise class* 8:30-9:30 a.m.</p>	<p>3 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>5 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>6 Mindfulness Meditation* Loving Kindness & Compassion 6:00-7:00 p.m. Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.</p>	<p>7 Healing and Guided Imagery 5:30-7:00 p.m. Writing Through Cancer* 7:15-9:15 p.m.</p>	<p>8 Weekly Q&A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D., Breast Oncology Surgeon Therapist TBA Recovery & Renewal Support Group* 7:30-9:00 p.m.</p>	<p>9 Healthy Steps—exercise class* 8:30-9:30 a.m.</p>	<p>10  Food for Life—Class 1* Intro to How Foods Fight Cancer 10:00 a.m.-12:00 p.m. Group Life Coaching* 1:00-2:00 p.m. Individual Life Coaching** 2:00-4:00 p.m. (30-minute appts) Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>12 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>13 Caregivers & Couples Support and Networking Group* <i>Not meeting</i></p>	<p>14  BCC Conference Registration opens bconnections.org or (650) 326-6686</p>	<p>15 Weekly Q&A Session 5:30-7:00 p.m. Mike Turbow, M.D., Medical Oncologist Mary Brayton, MFT</p>	<p>16 Healthy Steps—exercise class* 8:30-9:30 a.m.</p>	<p>17 Triple-Negative Breast Cancer Networking Group* 11:00 a.m.-12:30 p.m. Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>19 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>20 Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.</p>	<p>21 Healing and Guided Imagery 5:30-7:00 p.m. Writing Through Cancer* 7:15-9:15 p.m.</p>	<p>22 Weekly Q&A Session 5:30-7:00 p.m. Shane Dormady, M.D., Medical Oncologist Debbie Rosenberg, LCSW</p>	<p>23 Healthy Steps—exercise class* 8:30-9:30 a.m.</p>	<p>24 Food for Life—Class 2* Fueling up on Low-Fat, High-Fiber Foods 10:00 a.m.-12:00 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>26 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>27 DCIS Support Group* 12:00-1:30 p.m., Los Altos Caregivers & Couples Support and Networking Group* 6:30-8:30 p.m.</p>	<p>28</p>	<p>29 Weekly Q&A Session 5:30-7:00 p.m. Lisa Boohar, M.D., Radiation Oncologist Gloria Golden, Ph.D.</p>	<p>30 Healthy Steps—exercise class* 8:30-9:30 a.m.</p>	

October 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BCC's 8th Annual Breast Cancer Conference: Sharing Knowledge ~ Creating Hope</p> <p>Saturday, November 5, 2011, 8:00 a.m. to 5:00 p.m. Oracle Conference Center, 350 Oracle Parkway, Redwood Shores, 94065</p> <p>** Register early at bconnections.org or (650) 326-6686 **</p>			<p>ALL BCC PROGRAMS AND SERVICES ARE PROVIDED FREE OF CHARGE.</p> <p>BCC's extensive breast cancer library and internet resources are available Monday through Friday, 9:00 a.m. to 5:00 p.m., and Saturdays, 1:00 to 5:00 p.m.</p>		<p>1 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>3 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>4 Mindfulness Meditation* Mindfulness and the Breath 6:00-7:00 p.m. Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.</p>	<p>5 Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>6 Weekly Q&A Session 5:30-7:00 p.m. Denise Ching, M.D., Breast Oncology Surgeon Therapist TBA</p>	<p>7 Healthy Steps—exercise class* 8:30-9:30 a.m.</p>	<p>8 Food for Life—Class 3* Discovering Dairy & Meat Alternatives 10:00 a.m.-12:00 p.m. Group Life Coaching* 1:00-2:00 p.m. Individual Life Coaching** 2:00-4:00 p.m. (30-minute appts) Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>10 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>11 DCIS Support Group* 12:00-1:30 p.m., Los Altos Caregivers & Couples Support and Networking Group* 6:30-8:30 p.m.</p>	<p>12 Writing Through Cancer* 7:00-9:00 p.m.</p>	<p>13 Weekly Q&A Session 5:30-7:00 p.m. John Griffin, M.D., Plastic Surgeon Barbara Kirsch, Ph.D. Recovery & Renewal Support Group* 7:30-9:00 p.m.</p>	<p>14 Healthy Steps—exercise class* 8:30-9:30 a.m.</p>	<p>15 Triple-Negative Breast Cancer Networking Group* 11:00 a.m.-12:30 p.m. Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>17 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>18 Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.</p>	<p>19 Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>20 Weekly Q&A Session 5:30-7:00 p.m. Priya Chakravarthi, M.D., Medical Oncologist Debbie Rosenberg, LCSW</p>	<p>21 Healthy Steps—exercise class* 8:30-9:30 a.m. Last day for early BCC Conference Registration bconnections.org</p>	<p>22 Food for Life—Class 4* Cancer-Fighting Compounds and Healthy Weight Control 10:00 a.m.-12:00 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>24 Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>25 DCIS Support Group* 12:00-1:30 p.m., Los Altos Caregivers & Couples Support and Networking Group* 6:30-8:30 p.m.</p>	<p>26 Writing Through Cancer* 7:00-9:00 p.m.</p>	<p>27 Weekly Q&A Session 5:30-7:00 p.m. Gwendolyn Stritter, M.D., Integrative Medicine Therapist TBA</p>	<p>28 Healthy Steps—exercise class* 8:30-9:30 a.m.</p>	<p>29 Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>31 Metastatic Support Group* 6:30-8:30 p.m.</p>					

BCC Program Calendar September / October 2011

Our mission
Breast Cancer Connections (BCC) provides personalized information and support to people touched by breast cancer, in an atmosphere of warmth, sensitivity, and understanding.

BCC programs and services are provided free of charge.

The **BCC Report**, our free quarterly newsletter, distributed every March, June, and September, provides medical information on breast cancer, and updates on BCC programs, services, and achievements. If you or someone you know would like to receive this publication, please call our Helpline at (650) 326-6686.

RSVP requested for (*) programs
Appointment required for (**) programs
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Special Programs & Events

Mindfulness Meditation*

First Tuesdays, 6:00-7:00 p.m.
Learn how to be fully present in the moment and focus attention on your immediate experience, to bring calmness and clarity to life. Facilitated by Cheryl Branco, R.N.

NEW! Healthy Steps—exercise class*

Fridays, 8:30 to 9:30 a.m.
Exercise at BCC and bring a partner, too! Healthy Steps combines the freeing aspects of movement, spirit elevation from upbeat music, and positive reinforcement from a group format. Move at a pace that suits you. Healthy Steps employs movements designed to stimulate the lymphatic system, improve range of motion, reduce scar restriction, manage weight, and more. Led by Susie Danzig.

Writing Through Cancer*

Wednesdays, September 7 & 21, 7:15 to 9:15 p.m.
October 12 & 26, 7:00-9:00 p.m.
Writing can help us make sense of our experience. Write together in a safe, supportive community, explore the impact of cancer on our lives, and express our unique voices. Led by Ali Zidel Meyers, MSW.

Food for Life—Nutrition & Cooking Class Series*

Second and fourth Saturdays, 10:00 a.m.-12:00 p.m.
In partnership with The Cancer Project, Kristin Doyle, R.N., Certified Nutritional Chef, will teach this four-week, vegan course. Small food samples will be provided. Books are available for purchase (\$13) or loan. See calendar for course topics. Priority for new enrollees, and those with breast cancer.

SAVE THE DATE! 8th Annual Breast Cancer Conference: Sharing Knowledge - Creating Hope Saturday, November 5, 8:00 a.m.-5:00 p.m.
Oracle Conference Center, 350 Oracle Parkway, Redwood Shores. A full day of breast cancer education open to the public, but designed for those touched by breast cancer. \$25 early registration opens September 14; \$35 October 22-November 1. Call the Helpline at (650) 326-6686 or visit bccconnections.org for details.

BREAST CANCER CONNECTIONS Your Community Resource for Information & Support

Breast Cancer Connections
390 Cambridge Avenue
Palo Alto, CA 94306

Monday through Friday,
9:00 a.m. to 5:00 p.m.
Saturdays, 1:00 to 5:00 p.m.

Helpline: (650) 326-6686
Business: (650) 326-6299
Fax: (650) 326-6673
www.bccconnections.org



BCC's Gabriella Patser Program

BCC provides free diagnostic and screening services for uninsured women under 40 years of age with a suspicious breast issue.

For more information, contact Rina Olea, Manager of Programs & Outreach, at (650) 326-6299, ext. 11.

For anyone over 40 years of age, we refer to the Every Woman Counts program offered by the State of California, (800) 511-2300.

Emotional Support

Helpline

Our Helpline is answered by a caring voice Monday through Friday, 9 a.m. to 5 p.m., and Saturdays, 1 to 5 p.m. Helpline staff are here to listen and connect you with appropriate resources.

Buddy Program

Volunteer survivors are matched with you, according to diagnosis or topic of your choice, to provide support and share experiences.

Counseling/Therapist**

A team of qualified therapists with experience helping women with breast cancer offer one to two sessions at no cost, by phone or in-person.

NEW! Caregivers & Couples Support and Networking Group*

Second and fourth Tuesdays, 6:30-8:30 p.m.
This group explores issues that arise for couples and caregivers of those living with breast cancer. Individual partners are welcome. Facilitated by Debbie Rosenberg, LCSW.

DCIS Support Group*

Second and fourth Tuesdays, 12:00-1:30 p.m.
This group is tailored towards those diagnosed with DCIS (Ductal Carcinoma in Situ). Facilitated by Barbara Kirsch, Ph.D. in Los Altos.

Metastatic Support Group*

Mondays, 6:30-8:30 p.m.
This group addresses the unique concerns of women living with advanced breast cancer. Facilitated by Debbie Rosenberg, LCSW, and Marcie Pais, MFT.

Newly Diagnosed / In-Treatment Support Group*

Saturdays, 3:00-4:30 p.m.
This ongoing group offers women recently diagnosed with breast cancer the opportunity to express concerns about their diagnosis and treatment. Facilitated by Marcie Pais, MFT.

Recovery & Renewal Support Group*

First and third Saturdays, 1:00-2:30 p.m.
This ongoing group is for anyone who has completed treatment for breast cancer and is now focusing on continued wellness. Facilitated by Amanda Withrow, Ph.D.
Additional time: **Second Thursdays, 7:30-9:00 p.m.** with Hildy Agustin, Psy.D.

Triple-Negative Breast Cancer Networking Group*

Third Saturdays, 11:00 a.m.-12:30 p.m.
This group is for anyone with triple-negative breast cancer, at any stage of survivorship. Facilitated by Amanda Withrow, Ph.D.

Young Women's Breast Cancer Networking Group*

First and third Tuesdays, 7:30-9:30 p.m.
Come to connect and share experiences and resources with other young women affected by breast cancer. Facilitated by Ann Rivello, LCSW.

Medical Info & Practical Help

Weekly Q&A Session

Thursdays, 5:30-7:00 p.m.
A physician or medical professional from various breast cancer specialties is available to address your medical questions and concerns. A therapist facilitates and staff/volunteers are available to help connect you with additional resources.

Personalized Research/Breast Health Educator**

Our Medical Information Services team can help you by providing personalized research and explaining medical information at your level—from pamphlets to your pathology report, and more.

Medical Appointment Preparation**

A trained BCC volunteer can assist you in preparing for an upcoming medical appointment by working with you to create an organized list of your questions and concerns.

Megan Lynch Memorial Library

Come peruse our extensive collection of reference materials, journals, and circulating books relating to all areas of breast cancer Monday through Friday, 9 a.m. to 5 p.m., and Saturdays, 1 to 5 p.m.

Comfort Tote

For those newly diagnosed with breast cancer, or a recurrence, come to BCC for a complimentary tote bag filled with comforting handmade products, safe cosmetics, practical literature, and information on BCC programs and services.

Complementary Therapies

Group Life Coaching*

Second Saturdays, 1:00-2:00 p.m.
You will have the chance to go deeper into specific life topics with the exercises designed to help you keep moving forward in life to be your most authentic self. With Joanne Sperans, cancer survivor and ICF certified coach.

Individual Life Coaching**

Second Saturdays, 2:00-4:00 p.m.
Learn how coaching can empower you to reclaim your most authentic self through three free individual sessions by phone or in-person with Joanne Sperans, cancer survivor and ICF certified coach.

Healing and Guided Imagery

First, third, (and fifth) Wednesdays, 5:30-7:00 p.m.
This drop-in group focuses on recovery through deep relaxation, meditation, and sharing of healing stories. Facilitated by Mary Horngren, CMHT.

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Appointment required for (**) programs
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BCC Program Calendar September / October 2011

BREAST CANCER CONNECTIONS

390 Cambridge Avenue Palo Alto CA 94306



Go green! Email
news@bccconnections.org
to receive our monthly
e-calendar.

